



# OCEAN LAVA TRIATHLON POLSKA - DYSTANS ŚREDNI 70.3

B4SPORT

**Wydarzenie:** Ocean Lava Triathlon Polska 2020  
**Organizator:** Towarzystwo Sportowe TRI-SPORT  
**Data:** 2020-08-22  
**Miejsce:** Bydgoszcz  
**Dystans:** 113 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M45-49

Punkt pomiarowy: 7,2 km

Msc	Zawodnik	Numer	Klub	Kategoria	Drużyna	Pływanie			Bieg	Bieg
						P_Borowno 0.95km	P_Borowno 1.9km	Poz		
1	RUCIŃSKI Marcin	755	TRIBA BOSIR BARCIN	M45-49		00:14:10	<b>00:28:53</b>	10	00:02:31	00:09:24
2	JAROŃ Tomasz	601	AKADEMIA TRIATHLONU JAROSŁAW	M45-49		00:14:13	<b>00:29:03</b>	13	00:03:46	00:09:34
3	P..... A.....	740	T.....	M45-49	Trinergy Team	00:15:26	<b>00:31:17</b>	32	00:02:47	00:09:05
4	ZIĘBA Adam	509	TRISPACE/TREK	M45-49	TRISPACE/TREK	00:15:44	<b>00:31:42</b>	39	00:02:38	00:09:01
5	SOBCZAK Marcin	771	SOBCZAKTEAM	M45-49		00:15:14	<b>00:31:13</b>	31	00:03:15	00:09:42
6	SZYNALIK Sławomir	792	KIKA TEAM	M45-49		00:15:42	<b>00:31:28</b>	34	00:03:34	00:09:58
7	NAFALSKI Rajmund	703	TEAMKARAŚ	M45-49		00:16:14	<b>00:33:03</b>	65	00:03:08	00:10:19
DNC	DZIOBA Michał	562	TRI DZIOBA TEAM	M45-49		00:15:42	<b>00:31:39</b>	38	00:04:28	00:10:47
9	GIBIEC Sebastian	576	GIBIEC TEAM	M45-49		00:16:21	<b>00:33:24</b>	70	00:04:08	00:09:30
10	JANKOWSKI Tomasz	599	TRISPACE TREK	M45-49		00:16:14	<b>00:33:25</b>	72	00:03:40	00:10:24
11	SOBCZAK Marcin	772	TRISPACE/TREK	M45-49	TRISPACE/TREK	00:16:42	<b>00:33:51</b>	83	00:03:04	00:10:36
12	ZAKURZEWSKI Tomasz	834	TRISPACE/TREK	M45-49	TRISPACE/TREK	00:17:11	<b>00:34:41</b>	96	00:02:32	00:10:33
13	CHŁOSTA Marek	534		M45-49		00:17:07	<b>00:34:47</b>	99	00:03:01	00:10:19
14	KAŁEK Artur	615	KLINIKA TRIATHLONU BYDGOSZCZ	M45-49		00:17:17	<b>00:34:29</b>	93	00:03:23	00:10:38
15	WOREK Pawel	830	GIBIEC TEAM	M45-49		00:17:42	<b>00:36:38</b>	128	00:04:05	00:10:23
16	KRYGIELSKI Krzysztof	651	CRYOSPACE OLSZTYN	M45-49		00:18:01	<b>00:36:33</b>	125	00:04:01	00:10:32
17	CUPA Ireneusz	546	TRIATHLON KONSULTING	M45-49		00:17:59	<b>00:37:29</b>	152	00:03:46	00:09:54
18	PIEKARSKI Marek	679		M45-49		00:18:25	<b>00:36:59</b>	140	00:04:31	00:09:45
19	ECHAUST Maciej	563	CFP	M45-49		00:17:57	<b>00:37:52</b>	163	00:02:59	00:11:14
20	CHMURA Szczepan	538		M45-49		00:18:19	<b>00:37:16</b>	147	00:04:24	00:10:35
21	BARCZAK Adam	515		M45-49		00:19:12	<b>00:37:56</b>	164	00:04:25	00:10:41
22	PYTKOWSKI Arek	751	GRYFUS SZCZECIN	M45-49		00:18:40	<b>00:38:16</b>	173	00:03:49	00:11:12
23	WIECZOREK Maciek	815	TRI FOR IT	M45-49		00:19:31	<b>00:39:34</b>	197	00:03:55	00:10:30
24	CYBULSKI Konrad	547	AMZ-KUTNO S.A.	M45-49		00:18:43	<b>00:37:50</b>	162	00:04:34	00:11:39
25	NOWICKI Adam	708		M45-49		00:19:23	<b>00:39:25</b>	193	00:02:58	00:11:56
26	SIUDA Marek	768	KLINIKA TRIATHLONU BYDGOSZCZ	M45-49		00:18:38	<b>00:38:57</b>	183	00:04:45	00:10:45
27	CHALAMOŃSKI Tomasz	533	KURPIOWSKIE CENTRUM WETERYNARYJNE	M45-49		00:19:44	<b>00:39:49</b>	202	00:04:00	00:11:03
28	TOMASZEWSKI Marcin	800		M45-49		00:19:09	<b>00:38:46</b>	180	00:04:41	00:11:27
29	KALISZEWSKI Daniel	614		M45-49		00:19:29	<b>00:39:22</b>	192	00:05:26	00:10:17

					Pływanie			Rower	Bieg	Czas
30	<b>BLÁHA Jan</b>	<b>527</b>		M45-49	00:19:57	<b>00:41:02</b>	210	00:04:03	00:10:55	
31	<b>KORSAKOV Kostiantyn</b>	<b>641</b>	-	M45-49	00:18:26	<b>00:37:35</b>	155	00:06:30	00:11:55	
32	<b>PELANT Ryszard</b>	<b>723</b>	WICHER ROSNÓWKO	M45-49	00:18:12	<b>00:36:48</b>	135	00:05:06	00:14:29	
33	<b>DRZEWIECKI Rafał</b>	<b>556</b>	RUN4FUN WWW.BYTPAK.PL	M45-49	00:20:00	<b>00:41:35</b>	221	00:04:06	00:11:42	
34	<b>FEDAK Bohdan</b>	<b>568</b>	KLUB POD WISIENKĄ	M45-49	00:19:54	<b>00:39:46</b>	201	00:06:00	00:12:23	
35	<b>KOPPLINGER Grzegorz</b>	<b>640</b>	ASSECO ACTIVE TEAM	M45-49	00:21:54	<b>00:44:21</b>	240	00:03:55	00:09:57	
36	<b>KARWACKI Grzegorz</b>	<b>617</b>	KAT CROSS WAŁBRZYCH	M45-49	00:19:40	<b>00:41:15</b>	216	00:04:44	00:12:32	
37	<b>SUDAKOWSKI Tomasz</b>	<b>782</b>	RAWA TIM ZAWSZE SLIM / KS TRIATHLON RAWA	M45-49	00:22:09	<b>00:45:32</b>	249	00:03:02	00:11:08	
38	<b>NURKIEWICZ Jarosław</b>	<b>709</b>	KING FU PANDY 3	M45-49	00:23:37	<b>00:46:15</b>	254	00:03:04	00:11:55	
39	<b>WRZOSEK Jarosław</b>	<b>832</b>		M45-49	00:21:32	<b>00:43:53</b>	238	00:05:38	00:11:44	
40	<b>CYREK Grzegorz</b>	<b>548</b>	CREATIVE BOCHNIA BIEGA TEAM	M45-49	00:22:24	<b>00:45:44</b>	252	00:05:42	00:09:54	
41	<b>WITCZAK Dariusz</b>	<b>824</b>	ROSZPUNEK	M45-49	00:21:49	<b>00:45:39</b>	251	00:04:34	00:12:07	
42	<b>MALISZEWSKI Piotr</b>	<b>682</b>		M45-49	00:23:33	<b>00:49:31</b>	266	00:04:39	00:10:52	
43	<b>LIPIŃSKI Sebastian</b>	<b>671</b>	ENEA BYDGOSZCZ TRIATHLON	M45-49	00:24:12	<b>00:49:13</b>	265	00:05:20	00:11:24	
44	<b>OKOŃ Michał</b>	<b>711</b>	PARKRUN GDYNIA	M45-49	00:23:30	<b>00:47:02</b>	258	00:08:57	00:13:11	
45	<b>BINKOWSKI Cezary</b>	<b>523</b>	LKS BOGMAR OSTROMECKO	M45-49	00:25:16	<b>00:51:30</b>	270	00:05:57	00:13:18	
	<b>POROSŁO Paweł</b>	<b>743</b>	CREATIVE BOCHNIA BIEGA TEAM	M45-49	00:24:48					

Znaleziono 46 wynik(ów)